



Worry

By: [Steve Shirley](#)

Worry is, at its root, a lack of trust in the Lord. It robs us of joy and peace. God has promised to work all for good for those who are His ([Rom 8:28](#)). He will never leave nor forsake us ([Heb 13:5](#)). Problems help us to lean on God. They help us to grow. We are told to rejoice in tribulation and persecution. Something that can help is to look back on your past problems and see where God has delivered you. Over time, as you see God delivering you, it gets easier and easier to trust Him.

Worry comes when we come up with scenarios to problems that have not even occurred yet, and try to figure out what is going to happen. The majority of times they never do come to pass. We also worry about the past. The past is behind us, we cannot change it. God has put it in the past if we have sinned against Him, if we have confessed it and allowed Jesus to make payment for it. Leave the past in the past and move forward.

Focus on God and other people instead of yourself. Go to God in prayer, and cast your cares on Him ([1 Pet 5:7](#)), then let them go. Take things one day at a time, one problem at a time, with your best effort.

A thing I try to remember is, God is in control. Nothing happens that He does not allow to happen, so whatever the problem, God has a reason for it happening. We cannot always understand why things happen the way they do, but, as the song goes, "God is God and I am not." He knows what He is doing, we must trust Him.

Allow others to share your burdens and pray for you ([James 5:16](#)). I offer this advice though. No one wants to be around someone who is worried and complaining all the time. Do not continually drag people into your problems. It is not of God and it can test even the best of friendships. Don't run to people every time you have a problem, seeking advice from everyone or seeking to "get a word." Generally, everyone has different advice and then you end up with all kinds of opinions, and you worry even more trying to decide what advice to follow. Go to [God](#), listen for His answers, His advice is best 😊.

Friend, do not keep waiting for some thing or some event to come to pass to be happy. Generally, if you live your life this way, you are never happy. You will find that even if you get what you desire, you are still unhappy, because the only thing that can truly fill the void and worry in your life is trusting in God and looking to Him for fulfillment, happiness, and contentment.

([1 Pet 5:6-7](#)) Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: (7) casting all of your care upon him; for he careth for you.

([Ps 55:22](#)) Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved.

... prayer and supplication with
... (7) And the peace of God which passeth
... rough Christ Jesus.

... ll give thee the desires of thine heart. (5)
... he shall bring it to pass.

... , Martha, Martha, thou art careful and
... ful: and Mary hath chosen that good part,

... ding to his riches in glory by Christ Jesus.

... an then understand his own way?

... Lord: and he delighteth in his way.

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(Ps 145:18-19) The Lord is nigh unto all them that call upon him, to all that call upon him in truth. (19) He will fulfill the desire of them that fear him: he also will hear their cry, and will save them.

(2 Sam 22:31) As for God, his way is perfect; the word of the Lord is tried: he is a buckler (shield) to all them that trust in him.

(Ps 62:5-8) My soul, wait thou only upon God; For my expectation is from him. (6) He only is my rock and my salvation: He is my defence; I shall not be moved. (7) In God is my salvation and my glory: The rock of my strength, and my refuge, is in God. (8) Trust in him at all times; ye people, Pour out your heart before him: God is a refuge for us. Selah.

Also see: [\(Matt 6:25-34\)](#)[\(Lk 12:22-31\)](#)[\(Prov 3:5-6\)](#)[\(Ps 94:19\)](#)

Let me close with a few good quotes on worry:

We know so little about the future, that to worry about it would be the height of foolishness. - Charles Spurgeon

Worry and [anxiety](#) are sand in the machinery of life; faith is the oil. - E. Stanley Jones

Walk by faith! Stop the plague of worry. Relax! Learn to say, "Lord, this is Your battle." - Charles Swindoll

Worry is an old man with bended head, carrying a load of feathers which he thinks are lead. - Corrie Ten Boom

You can tell the size of your God by looking at the size of your worry list. The longer your list, the smaller your God. - Author Unknown

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